



Denise Napier

Denise Napier is one of the women in your No Boundaries for Women Training Program. Denise is an IT Project Governance as well as a mother of two daughters: Megan, age 14 and Erin, age 12. She just started running when she joined the No Boundaries program.

Denise has tried running at various times in the past but has never stuck with it because of labored breathing and shin pains. She decided to join the No Boundaries Training Program because she believed that it would help her because most of the women would probably be going through the same issues and they would be able to relate and help each other.

Every night Denise walks her dog for two miles, brings him home to rest and then she heads back out with her husband to walk/jog another two miles. She hopes to be able to eliminate most of the walking at some point.

In her free time, if she ever has any, Denise stays busy with her daughters' select soccer and competitive dance competitions as well as spending quality time with her husband.

Keep up the great work, Denise!